

Junior Cyclocross Training Program



For: Youth in grades 2-8
Day: Mondays
Dates: Begins April 9—June 11 (9 sessions, no program May 28)
Time: 5:30-6:45 p.m.
Location: Look Memorial Park
Fee: \$40 per child, non residents add \$10
Look Park Daily entry fee (\$5) or
Look Park Season sticker required (\$38 resident, \$45 non-resident)

The Recreation Department is once again teaming up with the Northampton Cycling Club (NCC) to sponsor the spring Junior Cyclocross Training Camp.

What is cyclocross?

Cyclocross is one of the country's fastest growing participation sports. Think of it as steeplechase on a bicycle. It combines the skills and action of mountain biking with the speed and power of road cycling. Cyclocross is typically raced on a 1 to 2 mile loop consisting of grass, dirt trails, pavement, sand, mud, barriers, obstacles, tree roots and hills. Cyclocross races are usually held in the fall and winter in cool and cold weather, rain, snow, ice or sunshine. Anyone who can ride a bike can probably do cyclocross.

What do you need to join in?

Definitely, you will need a bicycle in good working order (a mountain bike is fine but you'll probably want to remove all of the water bottle cages), a snug fitting helmet and a full water bottle. In addition, for your own comfort (but not essential), you might want cycling shorts, sunglasses, and cycling gloves.


Who can participate?

This activity is open to anyone in grades 2 through 8, boys and girls, who have a bike and like to ride it. Depending upon registration numbers, we will likely split this group into smaller groups depending upon ability so that each group will get ability-specific training.

Northampton Recreation Department, 90 Locust St., 587-1040

www.northamptonma.gov/recreation

www.nohobikeclub.org

Turn over for more details 

Junior Cyclocross Training Program 2012

Child's Name: _____ Boy: _____ Girl: _____ School: _____

Grade: _____ Date of Birth: _____ Age: _____

Parent's Name _____ Home Phone: _____ Cell Phone: _____

Address: _____ Email Address: _____

street

town

zip

Emergency Contact Name: _____ Phone: _____

Comments: (allergies, etc.) _____

• **Amount Enclosed:** \$ _____ Checks payable to: Northampton Recreation Dept.

Charge my: Visa _____ Master Card _____ Discover _____ Card Number _____ Exp. Date: _____

Cardholders Name: _____ Signature: _____

Mail to: Northampton Recreation Department, 90 Locust Street, Northampton, MA 01060

For Office use only: Amt. Received \$ _____ Date _____ Staff _____ Entered _____

Junior Cyclocross Training Program—information continued

What do you get?

NCC will supply you with a team shirt (included with your registration fee). In addition to the cycling skills you will learn, expect to make new friends, get in really good shape, have a ton of fun and perhaps get so stoked about cyclocross that you might want to race this fall as part of the NCC Junior Cyclocross Team!

Who will be running the program?

The training program will be run by longtime NCC members and racers who have raced in hundreds of cyclocross races in New England in the last few years. In addition, we are lucky that a handful of professional cyclocross racers live locally and may stop by on occasion to help out and offer advice.

Inclement Weather

If the weather is questionable then please contact the Recreation Department's cancellation hotline at 587-1044 or check our website at www.northamptonma.gov/recreation and click on cancellations/changes information.

Schedule

Week 1	Bike fit and inspection Basic riding technique Safety check	Week 6	Safety check and warm up Skills – barriers, dismounts, carrying bike and remount Practice plus training
Week 2	Safety check and warm up Basic riding technique Skills – stopping and starting Practice plus training	Week 7	Safety check and warm up Skills – race starts and bunny hopping Practice plus training
Week 3	Safety check and warm up Skills – turning, braking and accelerating Practice plus training	Week 8	Safety check and warm up Skills – sprinting Practice plus training
Week 4	Safety check and warm up Skills – hills, carrying bike up and riding down Practice plus training	Week 9	Safety check and warm up Race
Week 5	Safety check and warm up Skills – riding through sand and mud Practice plus training		